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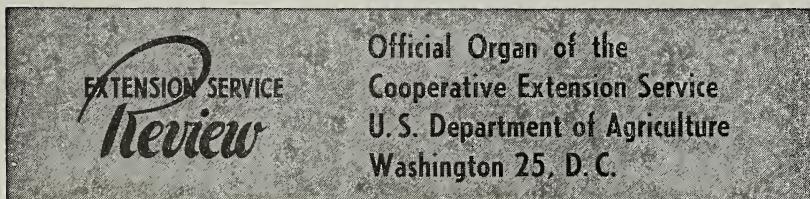
EXTENSION SERVICE  
*Review*



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 LESTER A. SCHLUP, *Director*  
 CLARA BAILEY ACKERMAN, *Editor*  
 DOROTHY L. BIGELOW, *Associate Editor*  
 GERTRUDE L. POWER, *Art Editor*

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## Ear to the Ground

- When getting ready for this Home Demonstration Week issue we met several times with the committee of home demonstration members of the Federal staff. This issue is the result of our combined efforts. We present the stories with the hope that you will consider them forward-looking and significant—that you will find in them some useful idea or method. May these records of noteworthy achievement give you a real lift, as they did us.

- The preliminary summary of reports from the White House Conference on Highway Safety, held February 17-19, has been released. The women's group felt that local community-wide safety groups must be the basis for attacking the problem of highway safety. They recommended publicity programs geared to the community level and personalized to appeal to women who may not belong to participating organizations.

- The agriculture group felt that rural groups should be included in all traffic safety programs and that these activities should be made an essential part of the general farm safety program. They said that an effective safety program in rural areas must look for leadership to the organized rural people of America who are well equipped to focus public opinion on this vital problem. The final report of the conference will be published later.

- The National Land-Judging Contest is being held April 29-30, in Oklahoma City. With the increasing popularity of this means of teaching soil conservation and soil appreciation, there will be great interest in this event, which we hope will be reported in a later issue.

- An ingenious forestry exhibit is described by J. B. Sharp, associate extension forester in Tennessee, in the May REVIEW. It makes use of the popular interest in quizzes and the educational principle of participation. More requests have been received for this exhibit than can possibly be filled in 1954, but the overflow is being scheduled for 1955.



# The Next Chapter

## Home Demonstration Week

*May 2 to 8, 1954*

**H**OME DEMONSTRATION WEEK is a brief pause in an expanding home demonstration program. Extension work is education—education is growth—growing takes time. Each year new achievements are recorded. But longer periods measure real growth.

The next chapter will carry forward the same plot with many of the same characters, but the situations will be different and other viewpoints will be introduced.

Back in 1913 the Secretary of Agriculture, anticipating the passage of the Smith-Lever Act which created the Extension Service, wrote to the wives of crop reporters asking what the United States Department of Agriculture could do for them. North, East, South, and West—2,241 of them replied. They said the drudgery of housework, loneliness, and isolation of farm life, and lack of social and educational advantages were the real problems in their lives.

### *Forty Years Later*

Forty years later, and undoubtedly hastened by these "early cries from the wilderness," home demonstration week observances show that much progress has been made. The articles which make up this issue, compared with the letters written to the Secretary of Agriculture in 1913, show some of the changes which have come about.

Then a farm woman of California made a plea for "more organization, for education, and recreation." Now

40 years later, there are more than 62,000 organized home demonstration groups with nearly a million and a half members, who are not only meeting this need but going far beyond it. How Columbiana County, Ohio, women are using their home demonstration club program to meet the need for citizenship education, described in this issue, is but one example.

### *Dreams Come True*

A Florida homemaker asked the Secretary in 1913, "Isn't there a way to teach farmers how to build homes that are good in design as well as cheap and that are not like every other house in the country?" The last statistical report shows more than 750,000 families were helped to have just such homes. One way of getting the ball rolling is illustrated among South Carolina Negro families who live for a time in a house with all of the things they dreamed of. Try on a Dream for Size is the name of the article.

"Inspire her," said the husband of an Illinois farm housewife in 1913, and inspired she has been as Michigan homemakers and their families are eager to testify on the radio program called appropriately enough "Behind the Doorbell."

No Home Demonstration Week should pass without some tribute to the 3½ million women whose achievements feature the record of the past year. The leading characters were those who gave of their time

and ability to take training and pass it on to neighbors and friends. We salute them and the home demonstration agents who helped them; in fact, all extension workers who have made possible the improved rural homes of today.

The application of the scientific facts and technological improvements which have released homemakers from drudgery and brought the farm out of isolation have complicated life, creating new situations and new problems. Different skills and more knowledge are necessary to the successful use of machines. Fast transportation and increased market competition have limited the self-sufficiency of the farm family. Training the children and management of the household are dependent on conditions and people far removed. Bringing the world closer together through improved communication and transportation has intensified problems in human relations.

### *Attuned to Modern Living*

The next chapter in home demonstration work will, no doubt, be developed with thousands of variations in thousands of different communities and counties as it has in the past. It will be flexible enough to meet the rapid changes of modern life. It will take more into account the problems of health and safety, family relationships, education, organization, citizenship, leadership, and the many other aspects of modern living with its speed, mechanization, and need for cooperative action.

THE HEALTH COMMITTEE of the Brooks County, Tex., Home Demonstration Council has shown that people who become concerned can improve the health conditions in their county. During the war this county had the services of only three physicians—one elderly and another in poor health. These men had no trained nurses to help them, and the nearest hospitals were 37 miles away. There was no county health organization, and as the women studied their problem, they found the south Texas area had a high rate of tuberculosis, and an alarming death rate of babies due to dysentery and other diseases.

Mrs. O. J. Horsman, a member of Flowella Home Demonstration Club, is a retired, registered nurse with years of valuable experience, so this is really her story. She has served in Kansas, her home State as a county nurse, a public school nurse, and also as head of a hospital nursing staff. With her technical and organizing experience, Mrs. Horsman helped set up the health committee of the Brooks County Home Demonstration Council which soon started work.

A study of the prevalent diseases in the county, and high oilfield and highway accident rate showed a great need for a local hospital. Plans for cooperative hospitals were studied and brought before county groups. At a countywide meeting in 1945, a committee brought pertinent facts before the group, and a temporary

to raise money for the hospital fund. This Halloween festival has continued through the years, and it now furnishes funds for the hospital auxiliary and participating organizations. A community stock hospital was organized in 1948 and has operated to the present time. In January 1954, a Brooks County Hospital, with some 30 beds was opened. This is modern in every respect.

In the summer of 1946 the Brooks County Health Committee started another first. That was a preschool clinic, which, in the 7 years it has been operating, has immunized more than 700 children for diphtheria with a record of only one immunized child having the disease.

The Brooks County independent school board offered to underwrite the costs of the clinic if the women would continue its operation because of the community relationships developed. All organizations are requested to send workers to the clinic.

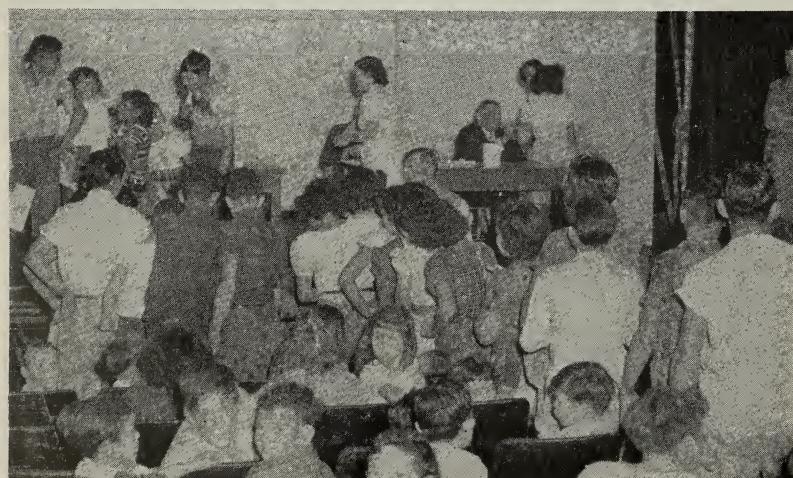
The health committee sponsored home-nursing classes offered by the American Red Cross in 1947. More than 100 women and girls received certificates in home nursing.

The health committee led the Brooks County home demonstration club women in joining with other women's organizations in the State in the study of mental institutions in our State. This focused attention on the conditions in our institutions which brought about a long-range program for improvements.

Two retired local nurses were sent to Corpus Christi for special training in teaching home-nursing classes. These women taught 5 classes each and have been active coworkers with Mrs. Horsman on the health committee.

For 3 years the health committee applied for the tuberculosis X-ray clinic from the Texas State Health Department. Finally, in January 1949 success crowned their efforts, and 2,551 were X-rayed, some 57 percent of the population of that age group. That year they found 108 tuberculosis cases. Representatives of the State department said it was the most outstanding clinic in the State, and that Mrs. Horsman had the best organized clinic outside of Austin. It has now become an annual affair, and many advanced cases have been found.

Emergency vaccination of Encino school children when small pox was reported in south end of county—Mrs. Charles Ward, R.N. in charge.



# More Milk for More People

## *for More Buoyant Health*

### A Successful Regional Project

FRANK H. JETER, Extension Editor  
North Carolina

A REGIONAL consumer information project in the 13 Southern States is encouraging more people to use more milk. It was launched in 1951 with the Wisconsin and Federal Extension Services cooperating. After it got under way North Carolina became the cooperating State with the Federal office. It is made possible through the Agricultural Marketing Act of 1946 and directed by Rita Dubois.

The use of milk and dairy products throughout much of the South is below that required for good health. The amount of fluid milk used per person in the area is about three-fifths of the standard indicated for good health. Likewise the use of cheese, butter, and dry milk solids is low when compared with consumption in some other areas. While all citizens of the United States use about 700 pounds of milk per person, southern people use 400 to 450 pounds per person.

Teen-age girls, women, low income families, and Negroes use less milk and dairy products than is needed for buoyant health. Therefore, Miss Dubois has set out to increase the use of milk and dairy products among these four groups. She is faced with a real task.

No one could be more aware of the importance of milk and dairy products to good health than Rita Dubois. She is a trained nutritionist

with experience as an extension specialist. She knows that milk and dairy products are topnotch sources of calcium and protein for growth and vigorous living. Her program, therefore, is directly aimed toward those people who could use this information to advantage.

"In getting this project underway," Miss Dubois says, "I first visited each of the Southern States to acquaint them with the project. Since then, agricultural leaders in all of these States have been kind enough to invite me to special meetings on the subject or have used our materials. I have conducted classes and demonstrations at annual extension conferences, at inservice training conferences, and at special training meetings."

The Extension nutritionist in Arkansas asked Miss Dubois to help in developing further programs on milk and dairy products as a food consumption study showed low calcium diets. Classes were arranged for the home demonstration agents, both white and Negro, at their inservice training conferences. Many of the agents later held leader training meetings in their counties and these leaders, in turn, gave further demonstrations at their local club meetings.

The next year, Miss Dubois returned to Arkansas to follow up with intensive work in two counties in the delta section. This was in a sec-

tion where few farmers kept cows and where incomes were low—an ideal section in which to stimulate interest in nonfat dry milk. Many of the people there are now using it regularly.

A different type of training was held for home demonstration agents in Tennessee. Here, all-day meetings were scheduled in five extension districts. Half of each day was spent on the preparation of dishes, using the various kinds of milk on the market, with a discussion of comparative food value and cost. The remaining half of the day was spent discussing how this information might be used. Illustrative materials such as flannelboard, charts, filmstrips, and exhibits were shown and the ways they might be used to good advantage in teaching the use of milk.

Miss Dubois has given demonstrations at farm and home weeks and at 4-H Club weeks. In some of the States, she has had requests to help with special milk programs in certain counties. For example, in Florence County, S. C., special studies revealed that milk was the food most often neglected, so a 2-year program was developed in an effort to teach everyone there the importance of milk. All of the educational agencies took part, with the home demonstration agent taking a leading role. At their request, Miss Dubois visited

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Rita Dubois demonstrates many ways of using milk and milk products.

# Home Life of 150 Young Farm Families

## Some Research Facts To Guide Extension Workers

CHRISTINE H. HILLMAN, Department of Home Economics,  
Agricultural Experiment Station, Ohio

IN RECENT years Extension Service personnel and others interested in agricultural action programs have expressed increasing concern for the problems of the rural American home and family living, and the quality of successful living to be found in homes. The awareness of problems has stimulated research in all areas of family relationships as well as specific regard for the family.

A review of the published research indicates, however, that to date, little information has been made available concerning the problems and adjustments, the needs, and the interests of young married farm families, especially those in the age range of 18 to 30 years. This gap in knowledge becomes significant when so many persons, particularly those professionally involved in bettering rural life, state that more reliable information about this age and marital group is a necessity if programs and educational materials of greater interest and benefit are to be further developed, and if the problems of young farm families are to be more effectively considered in the future.

The study, herein referred to, purposed to do two things, namely, (1) to determine the relationship between some of the personal and economic problems encountered by young rural families during the first 5-years of marriage, and those factors which appear to be conducive to success, and (2) to analyze and present data obtained as a guide in developing programs for rural youth, both married and unmarried.

Information was obtained from 150 young farm couples residing in four central Ohio counties. To qualify for the study each couple had to be (1) under 30 years of age, (2) married no less than 12 months nor more than 5 years, (3) reside on and obtain the major part of their incomes from the farm, and (4) have one of the following relationships to the farm: owner-operator, tenant-operator, father-son arrangement, or hired manager.

All contacts with the participating families were made by one investigator. Information was obtained by personal interview and recorded on originally designed schedule forms which were, for the purpose of the study, divided into seven broad areas of information. These areas were: (1) general characteristics and background information relative to the families, (2) characteristics of the farm business, (3) physical environment of the home, (4) home management factors, (5) personal factors, (6) economic factors, and (7) family relationships.

Insofar as an adequate treatment of data would call for a discussion going far beyond the limited space permitted, it is necessary to confine this report to the more general findings of the study. A complete analysis of all data will be made available through the Ohio Station at a later date.

Factors indicated by the majority of families as problems influencing the happiness and unity of their homes were as follows:

(1) *Difficulty in getting a start on the farm coupled with worry over indebtedness.* Approximately 62 percent were heavily in debt for such items as farm machinery, livestock and feed, household furnishings, and automobile. The majority feared that a drop in prices for farm products or one bad crop year would make it impossible for the family to continue farming.

(2) *Dissatisfaction with present farming and living arrangements.* Dissatisfaction expressed over farming arrangements was frequently associated with the wife's dissatisfaction with (a) living arrangements, and (b) the physical condition of the house in which the family lived. Sixteen percent of the families shared a home with someone else, usually the husband's parents; 26 percent lived in a second house on the farm. Many problems in personal and family relationships were expressed by families in these two categories.

(3) *Lack of knowledge concerning the management of farm income.* This was a very real problem to many families who prior to marriage had little experience in extending irregular cash income over a period of months, or knowledge of how to make the greatest use of real income by home production and preservation of food. This was indicated as a problem, particularly by those home-makers who had little or no farm experience before marriage. It is significant that 39 percent of the wives had nonfarm backgrounds.

*(Continued on page 87)*



Mrs. Marian B. Paul (left) admires the modernized kitchen which Mrs. Jeff Simmons (right) built.



This is the dream house which is changing the face of the South Carolina countryside and two of the vacationers taking it easy on the lawn. When a house is planned and built for efficiency and comfort, the work doesn't take long.

## Try on a Dream for Size

SHERMAN BRISCOE, Information Specialist, USDA

THE 18-MONTH-OLD demonstration house in South Carolina, where small groups of rural colored women live for brief periods, learn modern homemaking methods, and whet their appetites for better homes of their own, is speeding up rural home improvement of that State.

Up to January of this year, the model home had served as a weekly vacation cottage for a total of 153 rural Negro homemakers from all over the State. They went there during their slack farming season (November-May) and lived like a family for a week in groups of four or five. Each group was accompanied by one of the State's 30 colored home agents.

Weeks in advance, each home agent and her group of four or five made complete vacation plans, including the week's menu and the homegrown food items each was to bring.

During the stay in the demonstration house, each homemaker performs a different chore every day—cooking, cleaning, washing, ironing,

and gardening. This gives each of them a chance to learn all phases of modern homemaking. But learning isn't left to chance. The county home agent gives a series of demonstrations in operating an electric range, planning balanced meals, cleaning an electric refrigerator, making a bed, operating a washing machine, and other housekeeping tasks.

The women pitch in with enthusiasm, each trying to outdo the other. After dinner, and the chores and demonstrations are all over, they sit around the fireplace reading newspapers and magazines, discussing home, community, and even world problems, or listening to the radio, or to recordings of good music.

"For some of these ladies, it is their first opportunity to live in a modern home," says Mrs. Marian B. Paul, State supervisor of Negro home demonstration work and founder of the demonstration house. "And they love every moment of it," she adds.

Highlights of the vacation period



Fun at bath time is what impressed 5-year old Joe, and his mother most. They set their heart on a bathroom of their own, and got it.

are a luncheon in midweek for their homefolks who come in cars and buses to visit with them, and a party on the final evening for the folks of the Kingstree community where the model house is situated. These two occasions give the women an opportunity to show off what they have learned.

The visitors learn, too. Even this one-shot treatment is all some of the visiting homemakers need to get

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# Behind the Doorbell

## *. . . with Michigan Families*

### A Radio Program That Helps To Evaluate Home Demonstration Work

"IT WAS quite by accident that we heard your first radio program, Behind the Doorbell, and now we fellows at the factory arrange our lunch hour so we can follow this every Thursday." This was what one of the foremen in an auto factory at Flint, Mich., told Mary Collopy of WKAR, Michigan State College, when she met him and his wife at a home demonstration achievement night. "With all respect for your daily Homemakers Hour this new program will do more for strengthening family life than you may realize . . . We like to know the problems real families meet in our State and how they work them out."

Two main objectives Mary had in mind when she started this new feature in July 1953: Let the families tell their own story. This will be the subtle show window of home demonstration work. This off-the-cuff, unrehearsed visit should refute the contention that family life is decadent.

#### **How Does It Work**

"Talent" is suggested by county extension workers or through casual meetings when Mary attends county-wide events. Some ideas come in a letter from a listener of the daily program, Homemakers Hour. More recently families are nominating their neighbors. Individuals are ask-

ing for the privilege of participating. All persons are cleared through the county extension office before any commitments are made.

Format presupposes that Mary is actually in the home visiting with a typical Michigan family when the WKAR announcer says: "Mary Collopy travels all over Michigan. She is convinced that the best stories are the ones she hears as she stops in to visit homemakers . . . Step right up now, RING the DOORBELL (sound effects, recorded). Mary then opens the door (sound effects) and greets the thousands of persons outside the door. Quickly she welcomes them and resumes her visit with the family or the homemaker.

Most of these Doorbell programs are produced in WKAR studio on Michigan State College campus. This was planned to save travel time and expense and to insure excellent quality of tape recordings. But, after 2 months, it was clear that families enjoyed the honor and adventure of participation on the campus. Long, cold trips seemed no problem. Many came in with their county home demonstration agent. Arrival at the studio is rarely ever more than 30 minutes before the doorbell rings. Often it is only 15 minutes. Quickly the "talent" must be made to feel like old friends; Mary must learn of their family, their homes and philos-



Mary Collopy rings the door bell and takes the listener inside to hear a thrilling story of family accomplishment.

ophy, and together they decide upon The Story—remodeling a kitchen (what can we say that folks will get without seeing?) the furniture I have refinished; how we cut our grocery bill and ate better; how we manage our farm life on partnership basis with relatives; hobbies that bring us income, or how homemaking changed after polio hit me.

Mary must get a quickie feel of the home—what she will see as she approaches it—chickens, evergreen trees, view of the woods or lake, cow barns, or pet lambs or dog. If the story is of a certain room she must have a mental picture. They agree on questions of finances.

Then—there goes the Doorbell! They are on the air without notes. The chat is apt to give you the aroma of cinnamon rolls coming out of the oven; you will get a peek at the baby sleeping in the next room.

Not once in 6 months of this show has any husband, wife, or child forgotten to play the game—to maintain the illusion that we are in their own garden, orchard, kitchen, den, or living room. If dad is not home he is mentioned and tied in with this story of family life in Michigan.

Fourteen minutes are over and what has been accomplished? Some specific goal of a family has been aired and the solution discussed informally.

# For the Cardiac Homemaker

MRS. RUTH C. KETTUNEN  
Instructor, Department  
of Home Management  
Michigan State College

A COURSE in work simplification for Michigan homemakers with heart disease enrolled 600 women in the first 2 years it was offered (1951 and 1952) when the program was on a half-time basis. In 1953, with a full-time instructor, 658 women in 24 counties took the course.

This work was made possible when the Michigan Heart Association offered a grant of money to the Michigan State College to help cardiac homemakers. With this impetus a series of four classes in work simplification for housework was developed as part of the county home demonstration program. Sometimes the agent requested the series because she knew there was need for them in her county. In other instances, local doctors or others interested asked for the classes. Careful groundwork was laid in the county to insure adequate class enrollment.

The Michigan Heart Association helped the home demonstration agent by obtaining the approval and support of county or local medical and health groups and helped with local publicity.

The only requirement for enrollment was that women with heart disease get the signature of their doctor on the application form. The class members were not all heart cases, although cardiac patients were given preference. Up to the maxi-

mum class limit of 25, public health nurses, student nurses, local home demonstration leaders, and women with various other physical handicaps were accepted.

Class instruction applies the principles of work simplification to as many homemaking situations as possible. There are four 2-hour classes in the series with a relaxation break after the first hour.

Posture and body mechanics and work simplification in the kitchen, while cleaning, and in the laundry were included.

As a check on the effectiveness of this program, each class member received a questionnaire at least 2 months after she attended the classes. The 50 percent response showed a very high degree of change in homemaking practices.

One woman wrote, "Learning the right habits has left me less fatigued at the end of the day." Another said, "It is unfortunate that one needs to be a cardiac to be privileged to attend as the classes have been of immeasurable help to me;" and another, "I am writing to tell you what a big help the heart class was to me. I could not believe anything could help anyone so much. I had arrived at the point where I was completely discouraged. I want to thank you all for now being able to look up instead of down."

Interest is also growing among workers who are not handicapped. Women's organizations, radio, newspapers, and periodicals seem eager to take a "cue" from industry and want to know more about time and motion studies applied to homemaking.

## More Milk for More People

(Continued from page 69)

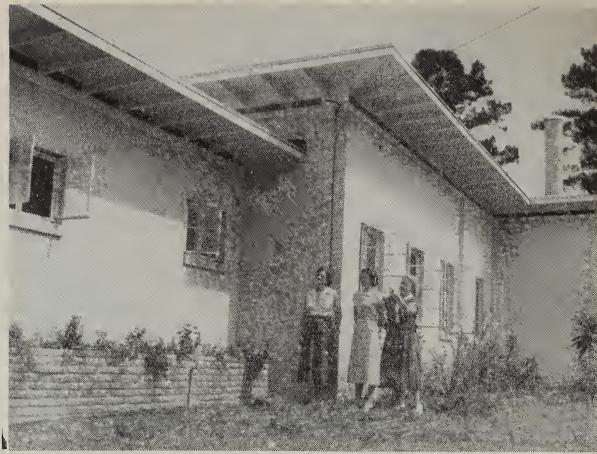
Florence County several times to help the local people develop the program and to conduct meetings. Talks were given to different groups, including the county council of farm women, PTA, federation of women's clubs, district nurses association, and school lunch operators. Many of the home economists in the county, including home economics teachers, the home economists with a power company, and the county school lunch supervisor attended these meetings.

Miss Dubois has developed leaflets, suggested demonstrations, radio and television scripts, news articles, posters, and a portable exhibit. These are available to nutrition and consumer education specialists and home demonstration agents in the Southern States. One leaflet prepared for home agents was sent not only to the Southern States, but also to agents in about 30 additional States at the request of their nutrition specialists. A leaflet for distribution to consumers, How to Choose and Use Nonfat Dry Milk, was prepared by Miss Dubois and Gale Ueland, Federal extension economist. It proved so popular that the supply of 100,000 copies was quickly exhausted. A reprint was ordered, and copies are again available.

The American Dairy Association and the American Drymilk Institute invited Miss Dubois to advise with them in the development of a film strip, Cooking with Nonfat Dry Milk Solids. Copies of this film were provided for the nutrition specialists in each Southern State to lend to home agents.

Television is being used to emphasize this work. Miss Dubois has appeared on several programs and has developed program ideas for use by extension workers for their own programs. In North Carolina, as a part of the June dairy month activities, Miss Dubois appeared on programs with the dairy production, dairy manufacturing, and dairy marketing specialists. One such program was entitled, Milk As You Like It. Charts and pictures were used to show the care that is taken in processing milk, also the different types of fresh milk on the market, what pasteurization and homogenization are and what grade "A" means. They discussed times when milk is especially good, as when the homemaker is in the midst of her housework, for children when they come in from school or play, for secretaries in mid-morning and midafternoon, for whole family at meal time, and after any hard physical exercise.

Miss Dubois feels that the project can make a real contribution toward reducing the surplus and improving health by "getting more milk consumed by more people."



## A Home Demonstration Center . . .

### *the New and the Old*

THE GADSDEN COUNTY Home Demonstration Center in Quincy, Fla., is an up-to-date, scientifically equipped plant, serving urban as well as rural women.

As Gadsden County home demonstration agent, Elise Laffitte was the driving force for 28 years in directing the diversified program of homemaking skills. She retired October 1 after realizing her dream of a modern Gadsden County Home Demonstration Center.

Concentrated interest in Florida home demonstration work runs in the Laffitte family. Pearl Laffitte, sister of the Gadsden County worker, also retired October 1 as Duval County home demonstration agent after 31 years' service. Born in Lloyd, near the Florida capital, where their father owned a general merchandise store, the sisters grew up close to the problems of rural Florida homemakers.

The Gadsden County agent was inspired in her work for a new center after a visit to her sister and the center in Duval County. She was particularly impressed by the output of home demonstration canning, and when she returned to Quincy her enthusiasm spread.

During World War II, Gadsden County home demonstration workers canned everything "cannable." During the summer season of peak crop years, they frequently canned more than 1,000 tins a day, paying 2 cents per tin and 3 cents per glass jar service charge.

Such record work was accomplished in a small, obsolete building with little in the way of modern equipment. Gadsden County men took pride in the canning ability of the women and were soon backing them in the drive for a new center. The five county commissioners, representing Chattahoochee, Havana,

Quincy, and Greensboro, worked hard on the project. The city manager, whose wife, Mrs. Harbert Gregory, is county home demonstration agent, drew the floor plans for the new center. The city of Quincy contributed complete modern equipment to the new center, including a 6-foot deep freeze, giant pressure cookers, electric stove, a series of small gas ranges, and many fine cabinets and tables at an estimated cost of \$5,000.

Preparing and packaging meats, vegetables, and fruits for deep freeze, as well as some steps in canning, are done on the oversize tables primarily designed for dressmaking, another of the center's major projects.

The new center has become so popular that former Gadsden residents return for visits primarily to use its facilities. Foods canned in Quincy find their way to Ohio, Oklahoma, and California.

Grown and canned in Gadsden County, Fla., U.S.A., foods are continuously shipped overseas. During recent years requests from Gadsden County boys in Korea have included cornbread, sausage, fried chicken, "chittlin's," sweetpotatoes and fruit cake—all such items have been canned and shipped.

# A New City

## Gives Home Demonstration Club a Chance To Build a Site for Good Homes

MANY STORIES have been written about home demonstration work in well-established communities. This story concerns the development of a new community and the part home demonstration work has contributed to this community.

Dell City is located in the northern part of Hudspeth County, Tex., and is an irrigated farming community in the sixth year of production. Cotton is the chief crop grown and alfalfa is second in production. The year after it had been proved that the valley could be developed into a farming area there were perhaps a dozen farms operating, with the families living in trailers and temporary shacks.

It was this group of homemakers who organized the home demonstration club with 8 members—the first organization in the community and the only one that has remained stable to the present time. The primary interest of this group was community development. They knew that homes would have to wait until farms could be established. The men were so busy clearing brush, leveling land, and putting in wells that they had little time to devote to community activities. It was up to the women to take the lead. The courage of this small group of home demonstration clubwomen and their foresight of future community needs, is largely responsible for the success of projects established in the community. The home demonstration agent, at that time Margaret Lattimore, gave this group training in organization, leadership, and committee work. This training received through home dem-

onstration work has been carried into PTA, Dell City Community Organization, and other groups.

The Dell City Home Demonstration Club has done much toward building a school for the community.

During these first years the home demonstration club raised money and bought library books, playground equipment, and other school equipment. The club realized that in order to attract the type of families who would want to stay, the community needed a good school system. During the first 4 years, the home demonstration club, through community carnivals, chili suppers and pie suppers, raised about \$1,500 for school purposes.

The community now has a modern school with facilities for high school homemaking and agriculture, school cafeteria, and gymnasium. Through the efforts of the home demonstration clubs, trees have been set around the school grounds.

Through work of the home demonstration agent and the home demonstration club, Dell City has been active in the community improvement program. They have won two awards of \$100 each to be applied to a community center building. The home demonstration club now has about \$1,000 in their treasury for this building, and has enlisted the support of the men's organizations to get the building started.

By the third year of farming in Dell City, many new families had moved in. These families were for the most part young people. Information gained through the home demonstration club helped in planning and furnishing their homes.

Club work has also helped them with food and clothing problems. Twelve leaders in the club received training in clothing construction last year, and clothing will be carried in 1954. These leaders have passed on information to about 35 other club members.

Dell City has grown much in the last 4 years. There are about 120 families in the community now. The home demonstration club has some 40 members.



Homes in the new city spring up like mushrooms, but not faster than planned through home demonstration work.

The State Home Demonstration Council has done much to strengthen the arm of rural women working to meet their own problems with more knowledge and more cooperation. Their activities are many and varied, as the following few examples testify.

# Home De

## Committee Workshops

THE SECOND committee workshop for the 15-year-old Kansas Home Demonstration Council strengthened the conviction of Georgiana H. Smurthwaite, State home demonstration leader, that lay leaders are valuable partners in planning programs and policies. Suggestions made by the workshop for activities to be carried out in addition to their extension programs varied from the sending of home economics textbooks to Pakistan to rural women's contribution to the Sunflower State's centennial celebration.

## Plan for Action Developed

Committees represented by the 65 women at the 3-day workshop were Associated Country Women of the World, publicity and public relations, standard of excellence for home demonstration units, civil defense, education and scholarship, health and safety, international relations, extension program of work, and the Kansas Centennial Celebration.

The plans of action developed by the committees were then submitted to the State Home Demonstration Council at the annual business meeting for discussion and approval during Farm and Home Week in early February.

## Guiding the Program

One effective method of guiding the program of home demonstration groups has been the standard of excellence, developed by a council committee. The standard contains a series of suggestions to be used by the unit members in planning a worthwhile and balanced program. When the standard has been fulfilled, the group is given a seal to be placed on the "Declaration of Faith" written by Grace Frysinger.

A report of the accepted plan of each committee is mailed to each

county extension office and to the chairmen of all county home economics advisory committees.

As the plans are discussed in each local home demonstration group, the members feel that they are a part of the State extension program and develop a unity of purpose and thinking, reports Miss Smurthwaite. She feels that when leaders take part in program and policy planning there is a better public understanding of extension work and its basic purposes.

## Sponsoring Home Economics Education

The women attending the first homemakers' week at Pennsylvania State University in 1953 marked the occasion by establishing three \$100 scholarships for girls who wish to study home economics. Contributions to this fund will be taken during countywide homemakers' meetings held this spring. When the 1954 Homemakers Week rolls around, the women hope there will be 4 or 5 scholarships for rural girls. Preference is given former 4-H members or those who plan to make home economics extension a profession.

## The First 5 Years

The Vermont Home Demonstration organization observed their fifth birthday at the last meeting and used the occasion to check on their progress, according to Marjorie Luce, home demonstration leader. A ten-point program was adopted at the very beginning and comes up each year for consideration and selection of the particular item to be emphasized that year.

Health has been a major goal in each county. Sponsorship of school lunches, health fairs, preschool clinics, and dental projects for school children have been generally adopted. At least 10 counties have de-



veloped a plan to promote physical checkup for the women. Self-testing for diabetes has been a major project in several counties.

Citizenship is now being given special attention. Several counties worked very hard on "get-out-the-vote" campaigns, and many observed United Nations Day. They studied town government and took an active part in town meetings. Community service was reported by all groups; some in citizenship, some in recreation, many in welfare and improving community facilities.

In home and community beautification, petunia, or home flower garden contests, mailbox improvement, and development of picnic areas predominated.

## Vermont Women Sing

The State chorus has had remarkable growth. It has appeared at State council meetings 3 times and at the last meeting 120 voices sang together. Seventy or eighty of these sang at the National Home Demonstration Council meeting in Boston on the New England night program. Nine counties have developed county choruses which meet frequently and sing at many county events.

# Demonstration Councils



A Kansas State Council committee planning for participation in the world-wide organization of rural women; the Country Women of the World, at the second annual committee workshop.



One of the five bookwagons of the Vermont State Library Commission is supplied by the State Home Demonstration Council. Each woman gives a dime each year. Ten percent of each county's contribution goes each year to their regional library to supply books which are in particular demand. So much surplus has accumulated that last year it was voted to change the name to Bookwagon and Scholarship Fund. Two of these \$200 scholarships for the study of home economics have already been given.

## *Homemaker's Creed*

The Florida State Home Demonstration Council recently encouraged each member to write a creed for homemakers. Among the large number entered, that of Mrs. George Alliaison, Orange County, was judged the best. It was chosen as the new "Homemaker's Creed for Florida Home Demonstration Club Members." This is the creed:

Let me be:  
Honest with myself,  
Orderly in my home,  
Mindful of my shortcomings,  
Earnest in my faith,  
Mentally alert to new ideas,  
Active in my community,  
Kind to my fellowman,  
Eager to learn,  
Reliant to my work,  
Then I will have earned the  
honor of being a homemaker.

## Challenges Ahead

The greatest challenge ahead for home demonstration agents is the opportunity for service to people. Our aim as extension workers is to help people to help themselves, to start where they are, with what they have.

In meeting the challenges that lie ahead, we must find ways to broaden our education programs to get away from mere skills—except as we relate them to broad programs of which they are a part. Programs must come from the people themselves. We must help to develop good and useful citizens. To do this, one of our important jobs is the development and training of leaders. The growth of the extension program depends on good leadership. We must recognize that our opportunity for leadership and development among youth is just as important as among adults. Youth will carry forward our culture and will further develop the ideals and standards of democracy in American life.—Message for Home Demonstration Week from Mrs. Eugenia P. Van Landingham, president, Home Demonstration Agents Association.



# Kentucky Agent Gleans Ideas in Virginia

The first Grace Frysinger travel award to study home demonstration methods in other States went to a Kentucky Agent, Mrs. Louise Craig. Her report (February 1952 REVIEW) sounded so good that the Kentucky Home Demonstration Agents Association set up a similar award for the State which went to MABEL KIRKLAND of Washington County in 1953. This is a summary of her report to the State Home Demonstration Agents Association meeting in February 1954.

HOUSING and program planning were my chief interests. I wanted to study and see how agents in other places were handling them. Home demonstration work was started in my county in 1947, and has grown fast because the women are ready and willing to work. But more and more I felt the need for information and help on housing and program planning.

On receiving the exciting news that I had actually won the award, I began to work out plans with Myrtle Weldon, our State home demonstration leader. Where should I go? What should I do? We wanted to select a State with a good housing program, and one that did their program planning in the fall when I could best be out of the county. Virginia seemed to offer the best possibilities, and Maude E. Wallace, assistant director there, agreed to help work out an itinerary for me.

Two subjects in 2 weeks sounded ambitious, but Miss Wallace had a schedule planned which made the most of the time. Lucy Blake, district agent, started me out on program planning in Roanoke and Appomattox Counties. The program chairman of the county first discussed the program. Then a post-planning meeting with the agents was scheduled. The county planning with the women was similar to that in Ken-

tucky, but the post-planning involving the agents and the county and State leaders, is altogether different.

The study of kitchen arrangement was done in Louisa County with Helen D. Alverson, home management specialist. She had some good points in getting the women to begin thinking about their own kitchens. One point was to consider what were the possibilities of using another room for the kitchen. The women drew the outline of their kitchens on the board and explained changes to the group.

Most of the second week was spent on housing. Mary Settles, housing specialist, took me to three or four counties for visits to homes that needed improvement and in one county they had two leader training schools on housing. Virginia Polytechnic Institute furnishes these specialists with 50 to 60 plans. This was all very good because different people have different ways of doing things and different localities require things different.

Ruth Jameson, home furnishings specialist, held one special interest group meeting on making bedspreads. Kentucky seldom has training schools for special interest groups.

This fellowship not only offered a means of study but for rest and relaxation which an agent seldom gets in her own county. Miss Wallace had

also planned that in traveling to different counties, I might see the places of interest in the State of Virginia. As this fellowship was taken the last week in September and the first of October, the trees and landscape were beautiful which added pleasure to this trip. I drove from Kentucky to Virginia and had a good chance to see the countryside. Many thanks go to Miss Wallace and her staff for a very profitable fellowship in the State of Virginia.

## A Big Anniversary

When Valley County, Mont., held an observance of the 50th Anniversary of demonstration work late last fall, 30 of the women present had been in home demonstration clubs for 25 years or longer. In addition, three of the four home demonstration agents who have served Valley County since extension work was started were present to take part in the event.

Part of the program was a pageant presented by members of the group with the assistance of 4-H Club members and Valley County men. The pageant, Learning by Doing, was written by two Montana extension workers, Hazel A. Thompson, Rosebud County home demonstration agent, and Harriette Cushman, State poultry specialist.

# Profits From Farm and Home Planning

A young couple use farm and home planning to improve their home and crops. HARRY R. JOHN-SON, Minnesota Extension Information Specialist, gives us this story.

Mrs. Lukken shows some of the modern ideas the old house has picked up.

A YOUNG Minnesota farm couple are taking full advantage of a farm and home planning program.

The young couple are Mr. and Mrs. Roy Lukken, who rent a 360-acre farm from Emerson Ward of Waseca, Minn., in rich south-central Minnesota. The Lukkens, now in their early thirties, grew up on farms around Mankato.

Roy came out of the Army in 1946 with a little over \$500 saved. In 1947 they went on Emerson Ward's farm. Now, a look around the well-kept farm and a glance into his new pole-type machine shed show the once small Lukken kitty has grown.

And you could readily see why if you spent a few hours with the Lukkens. They have almost a working laboratory of approved farm and homemaking practices. Mrs. Lukken's kitchen is designed with her time in mind. She has a modern electric dishwasher, automatic laundry, large upright deep freeze, and electric stove.

In addition to making her household chores easier, these devices permit Mrs. Lukken to help Roy with field work at corn, bean, and grain harvest.

They also have a modern bathroom, planned along with other farm home improvements by university extension specialists. In the living room is a new TV set. Although the

house is an old-style one, many modern improvements make it more pleasant to live in.

Out around the farm you will find other evidence of farm planning. The Lukkens joined the Waseca County farm and home planning group in 1951, after 4 years of average farm yields.

With the evaluation and counsel of their group, including Agricultural Agent Cletus Murphy, they decided that a high fertility program in corn and soybeans was the best way to get their farming into high gear.

Most of the farm now is in a 7-year rotation—corn, first year; corn or beans, second; grain with green manure, third; corn, fourth; corn or beans, fifth; grain with alfalfa, sixth; and alfalfa, seventh year.

Roy is following the plan of getting top corn production on a large acreage. In 1953, his yields from a high fertility program that cost about \$32 an acre ran from 102 to 137 bushels per acre.

This year his most profitable fertilizer treatment was side-dressing 150 pounds of nitrogen per acre. This gave a yield of 119 bushels. The land had been in legumes in 1951 and in grain last year—that of course, helped. His 1953 fertilizer program just about paid for itself. But it didn't go over the top as soils specialists



thought it would. Unusual weather conditions account for the somewhat less than the 150 bushels per acre they had set the stage for.

For efficient harvesting and storing Roy has bought a 14-foot self-propelled combine, two tractors, a large grain truck, a corn picker-sheller—so new that the implement dealer didn't know his company even made the "critter"—and a grain-drying unit for drying shelled corn before it is stored in the new concrete based steel silo.

Drawing upon the trained foresters at the University of Minnesota, Roy planted a 700-foot shelterbelt of trees on the north edge of the farm. Minnesota winters are famed for cold and snowdrifts.

Lukkens' future plans include feeder cattle and hogs. His new steel silo will come in handy. Now he uses it to store dried shelled corn.

One of the unique points about the Lukken-Ward enterprise is that Emerson Ward, owner of the farm, has consistently favored Lukken's plans for the farm and given his close and helpful cooperation in the program.

They operate on a crop-share plan. Ward supplies the land and buildings, shares half the seed and fertilizer costs, gets half the crop. Lukken gives his know-how, time, machinery and power, and gets half the harvest.

# An Extension Exhibit

## Economy Cuts of Beef

F. H. ERNST, Specialist in Visual Aids, California

**A**N EXHIBIT to popularize the use of economy cuts of beef was set up by the California Extension Service at the Grand National Livestock Show in San Francisco. This exhibit proved surprisingly popular. The exhibit was prompted by the statewide program to increase the consumption of economy cuts of beef. California Extension Service participated in this campaign with the beef industry committee.

As part of such efforts, the Extension Service prepared an exhibit to show a live steer with the less-asked-for wholesale cuts marked off with tape, a 6-foot refrigerated display case to show these wholesale cuts of meat, and one cooked meat dish displayed under a glass case. The wholesale cuts of meats were provided by a leading San Francisco meat packing concern. The meat was changed in the display case every second day; in other words, five changes for the 10 days' duration of the show. The meat cuts in the case were identi-

fied by a card both as to name and the possible uses were also indicated. For example: the plate can be used for stews, for boiling or short ribs, or braising. Similar signs were used for the brisket, the flank, the neck, and other cuts. This part of the display proved very helpful and interesting, and probably was the central attraction of the exhibit.

The glass display case to show to advantage the cooked dish of meat is not commercially available and it was found necessary to get this made by a glass company. A case, 9 inches high 34 inches wide, and 36 inches long, of plate glass was made. This case was placed upon an attractive dining room table. The case served to house, not only the dish of prepared meat, but also two attractive place settings and an ornamental fruit dish.

The prepared meat dish was changed each day which proved adequate to keep it in an attractive condition. The use of colorful dishes

helped to give this eye appeal.

The four meat dishes which were prepared and shown were labeled, Stew in 15 minutes, Flank Can Be Broiled, In Place of Steak (pan-broiled ground meat), and 40-Minute Pot Roast by Pressure Pan. The exhibit was dressed up with an attractive screen, a large house plant, and three placards on easels which called attention to the general purpose of the display. A chart showing a beef carcass with the wholesale cuts of meat marked out was shown on the back wall.

A leaflet entitled, "Use Economy Cuts of Beef," by Hilda Faust, extension nutritionist, was prepared for distribution during the show. There were 4,200 copies given out, and, incidentally, not a single copy was found wasted on the walkways of the show grounds during the entire 10-day period.

### Stopped Nearly 13,000 People

The exhibit was attended during the principal hours of visiting, these hours being from 5:30 to 8:30 p.m. on Monday through Friday, and from 10 a.m. to 8:30 p.m. on the two Saturdays and Sundays. Former Home Adviser of Napa County, Mrs. Peggy Winlow, was employed to attend the booth during each of these 10 days. Mary Jane Pellegrino, principal laboratory technician for the nutrition project, State extension office, also attended the booth at peak visiting hours. A count was kept with a hand counter of those who really stopped to look at the exhibit, and this count showed a total of 12,884, a surprising total indeed. The California Cattlemen's Association and the Western States Meat Packers Association cooperated by paying for the employment of Mrs. Winlow.

The exhibit met a popular response from the viewing public; in fact, not a single adverse criticism was received, and many said that this sort of information was needed by the present-day housewife. These comments came from meat packers, butchers, cattlemen, and visitors from the city of San Francisco where the Cow Palace is located. Perhaps the experience with this display points up an opportunity to do more work in nutrition with city people.

Mrs. Peggy Winlow, former home demonstration agent in Napa County, attended the booth with the help of Mary Jane Pellegrino of the State Extension office during peak hours.



# City Women

## Get Some Facts on Farming

JAY HENSLEY, Assistant Extension Editor, Iowa

ON A BLEAK, blustery fall day, a group of Iowa farm homemakers enrolled in the Poweshiek County extension program tried out a dynamic experient on a tenant farm 8½ miles east of Grinnell. It was an experiment in better rural-urban relationships, and highly successful.

Purpose of the day was to give town folks a firsthand picture of the average farm-home business and some understanding of what makes for the price spread on farm products between producer and consumer. Each farm homemaker invited a town homemaker without a rural background as her guest for the day's activities.

Ninety-four women crowded a drafty barn on the Claire Hutchison farm that morning, sat on blanketed bales of hay, listened intently to County Extension Director Stan Stover's thorough briefing on tenant farming.

"Whenever there was a church social," Stover reminisced, "my mother got stuck for a couple of chickens and two dozen eggs—because all she had to do was 'go out and pick 'em up.'" He went on to give a picture of the family-farm setup, financial situation, and just what kind of work and planning lie behind the good food and good living on an average tenant farm.

He explained different types of business arrangement between tenant and landlord, told financial picture, and management and labor problems. When he said that average cash income is \$3,320, part of which must be reinvested in farm, one town homemaker exclaimed, "Why, you can make more in town!"

Next came a tour of the farm-yard. Machinery and equipment were price-tagged at both assessed and replacement value to give women an idea of investment involved.

The afternoon program was held at the Congregational Church building in Grinnell after a hearty dinner. Mary Bodwell, home economics extension supervisor from Iowa State College, gave a talk on "What's in Your Market Basket." Town homemakers learned about the procedures and problems involved in getting food from farmer to consumer; were given tips on food buymanship.

After the talk came a question-answering panel made up of Stover, Hutchison, Miss Bodwell and James McNally, grocer. Typical questions were: What should be the price of fresh produce bought directly from the farm? How much should a family of four spend for food in a week? What is farmer's time worth an hour? Why are eggs so much higher at store than we pay for them at farm? What happens if market is loaded and produce is ready to sell? Is it a good idea to buy a quarter or half of beef for home freezer or locker? Why is pork so high now?

### *They Saw a Different Picture*

Town homemakers ended the afternoon with a much different picture and infinitely better understanding of life and work on an average tenant farm. Farm homemakers felt the day's venture highly worthwhile in helping to establish good rural-urban relationships.



The city women met in a barn and sat on bales of hay to hear about the farm family business.



A tour of the farm yard gave the city women a chance to study the variety of price-tagged equipment.

# *Adventures in Hawaiian Cuisine*

COMBINE more than 50 women of widely differing racial and cultural backgrounds in a club leadership group and the result is a melting pot of memorable island dishes.

Hawaii's cooking is as much a delightful potpourri as is the population. There is no monotony in island cooking because of the wonderful variety of flavors which come out of the wide differences in national tastes reflected in the cuisine of the various groups.

Around a group of these women the South Oahu County Extension Service planned a month's food project. Leaders from 24 clubs attended, and the women became the demonstrators.

Dishes that were favorites among the various racial and cultural group backgrounds represented were decided on. As each differing racial group explained their dish others watched and learned and awaited "tasting time" at noon. Hawaiian, Korean, Chinese, Japanese, Filipino, and Caucasian foods were featured and the luncheon became a truly cosmopolitan taste treat.

A glorified meat stew with meat balls and vegetables in delicious sauce topped with whipped potatoes

(boiled in the stew first for flavor) highlighted the Caucasian influence.

The Filipino dish was delicious roast chicken Litchon (with herbs). Favorite Japanese recipes were long rice namasu, bara sushi, and kanten (jello). The Chinese group demonstrated their wonderful shrimp roll,



Foods project leaders were delighted with the effect given a pineapple centerpiece cut in basket shape and lighted with burning sugar cubes dipped in lemon extract, demonstrated at the international cookery display. Mrs. Verna L. Dodd, (center—white dress) extension specialist in foods and nutrition, planned the demonstration with Vivian Winston, home demonstration agent.



Preparation of variety meats with the theme of a leader training meeting in the big island of Hawaii. Special attention was given to ways in which the demonstrator can get her information across.

and the Hawaiian feature was the typical Luau chicken in coconut milk.

The first course of the "sample" lunch was a favorite Portuguese soup made by Mrs. Lillian Guerreiro and Mrs. Grace Castor of the Halawa Club.

The final display of the international dishes was held in the dining room and each dish was labeled. At lunch the food was tasted and discussed. Mimeographed recipes were distributed.

## **A Practical Home Demonstration Activity**

EQ-53 as a moth proofing material passed its first year's use in the home with flying colors. The ease of application and the positive protection to the woolens were two of the contributors to its success. Extension workers apparently stimulated a great deal of public interest in EQ-53 as the first edition of 70,000 copies of Home and Garden Bulletin No. 24, Clothes Moths and Carpet Beetles—How to Control Them, was exhausted within 6 weeks, and another printing of 50,000 copies had to be made.

EQ-53 has not readily been available to all householders, even though some 80 brands were put on the market last spring. Probably, the material has reached most retail shelves by this season.

Protection of woolens against the enormous losses caused by fabric pests affords one way to celebrate the 100th anniversary of professional entomology this year.

All products labeled as EQ-53 are standards which simplifies their use. Simply add one tablespoonful of the solution to the wash or rinse water for each pound of woolens. Soap does not interfere with the process.

Plans are being made to prepare a TV packet on EQ-53. There will also be a suggested procedure for a home demonstration. These materials will be available through the Extension Service.

A list of the manufacturers is available from the editor of the REVIEW in case your local merchants do not know of a source of supply.

# Living Together . . .

## *What It Means to the Women of Columbiana County, Ohio*

MORE voters at the polls and growing interest in all public affairs from combining local school districts to UNESCO is the result of the work of home demonstration groups in Columbiana County, Ohio, according to Home Demonstration Agent Ruth Pendry.

"Know Your County" is now the watchword of the county council public affairs committee. The Welfare Department comes up for scrutiny first. The study will be based on facts collected by the local league of women voters. Answers to an extensive list of questions, discussion, and interviews by league members on every branch of county government will soon be available in mimeograph then in printed form. The events which led to this report; and in fact to the organization of the League of Women Voters who made the survey, were set in motion by the home demonstration public affairs committee.

### *Women Survey Needs*

The idea took root back in 1950 after a survey of interests and needs of women in home demonstration clubs showed a demand for help with the problems of getting along together. "Living together as a community" was first discussed under the leadership of Lucile Pepoon, specialist in family living. She helped the leaders prepare a questionnaire for county officials to use as a guide in talking to local groups on Local Government and How It Functions. Eighteen township meetings were held that first year, two of which were held at night for men, women, and children. County officials took part in all the meetings, answered questions, and welcomed the opportunity to explain county business. Discussion on race and nationality relations followed the review of a good book on the subject and was of vital interest to all.

"Living together as nations" was

considered in four meetings, each covering an area of four or five townships. A panel of local members led the discussion, with J. P. Schmidt, State extension rural sociologist, as moderator.

With a successful year of activity behind them and interest high, a standing committee on public affairs was appointed at the June home council meeting in 1951. All members of the committee met with Mr. Schmidt in July and made a list of 16 items on which they would work. The list included such things as: Information on the 1952 vote for an Ohio Constitutional Convention; a school for township trustees and clerks of local government problems; and organization of a County League of Women Voters, information meeting on UNESCO, and other UN activities; support of such current programs as sanitation and brucellosis control; bringing a homemaker from a foreign land to visit homes in the county, and deputize county homemakers going abroad to represent Columbiana County homemakers.

The following year, 1952, under the heading, We and Our Neighbors, the women studied more about UNESCO, Mutual Security, Point 4, and international trade, not aid. The public affairs chairman and the home demonstration agent investigated and reported on the League of Women Voters and the county voted to sponsor a county league with the understanding it would be a good way to study government and learn to be better citizens. It would also be an opportunity for rural and town women to work together. The first study, Know Your County, was launched.

The public affairs committee chose township government and how to be an informed voter as the citizenship project in home demonstration clubs that year. Forty-eight leaders were trained for the meeting to be held before election day. The meeting was

planned in the form of a quiz with three women on each side (those without glasses versus those with hats). A question was directed to one side, then if unanswered, to the audience, and last to two township officials, who had the discussion questions in advance. Twenty-four meetings were held with an attendance of 560. Leaders took the idea to PTA, Grange, Farm Bureau, and church groups, as well as to home demonstration groups.

Before the local meetings, a letter went from the home agent to all township trustees and clerks asking cooperation and assuring them they were not being put on the spot. Another letter explaining their plans and signed by the home council president and publicity chairman went to newspaper editors.

The home council meeting in 1953 featured the county superintendent of schools so that the women could learn more about the issues coming up in combining districts and went on record as favoring the county health levy coming up in November.

Columbiana County women feel that they have learned much and are looking to their public affairs committee for more leadership in this important field in 1954.

- WILLIAM J. WONDERS, county agricultural agent, Rio Grande County, Colo., must have had real satisfaction in a letter from the county board of county commissioners which read in part: "The tax re-appraisal of our lands has been a constructive and beneficial work for all of the residents of our county, as well as a task of tremendous magnitude, and the majority of the credit for its successful completion has been due to your interest and unselfish service in contributing your energies and approximately 160 hours of your time out of an already overloaded schedule."

# *Women Help County* CONTROL *Rats*

JULIA JERNAGAN  
Home Demonstration Agent  
Nassau County Fla.

"RATS are eating us out of house and home. I wish we could do something about them." This casual remark by Mrs. J. L. Irvin, wife of a poultry farmer, at a planning meeting of the newly organized Callahan Home Demonstration Club, in January 1950, was the beginning of the 4-year-old rat eradication program, sponsored by the home demonstration clubs of Nassau County. This program has been far reaching and most beneficial to rural and urban people of the county.

An investigation revealed that rats were a great menace to the poultrymen in the county, destroying baby chicks as well as grown fowl, eating eggs, and wasting large amounts of feed. Professional exterminators were being employed by many farmers, but their work was unsatisfactory in that it got only a small percentage of the rats and killed family pets. Farmers, homemakers, and business people were all plagued with rats.

V. L. Johnson, assistant district agent, Fish and Wildlife Service, who had recently come to the State to work with the Agricultural Extension Service on rat eradication, was consulted to determine what could be done to remedy the situation. He suggested a new bait, called compound 42. It was agreed by the Callahan and Hilliard home demonstration clubs to put on a campaign over their part of the county, with Mr. Johnson's assistance.

Result demonstrations were conducted on 4 farms to prove that the chosen bait would give satisfactory results without killing livestock and pets. The reports on these demonstrations were published in the local paper. When Mr. Campbell reported that the rats were eating the paper containers along with the bait, people began to show a little interest. Then when reports came in that the rats had consumed 100 pounds of bait, along with some feed in the period

of a week, and that rats were dying by the hundreds, real interest began to develop. At the end of two weeks hardly a rat could be found on Mr. Campbell's farm.

The campaign was officially underway with many organizations cooperating. The home demonstration clubs had planned well. The town officials of Callahan and Hilliard provided free bait to all people living within their towns; Raymond Wolf, county sanitarian showed films to schools and civic organizations; teachers conducted poster contests in the schools; and 4-H Club and Boy Scout members distributed handbills and helped clean up ditches and vacant lots during clean-up week.

The home demonstration club members publicized the campaign widely through the local paper, telephone calls, home visits and talks to civic clubs. Mr. Johnson, assisted in packaging and distributing the bait for 3 consecutive days from stations that were set up for the purpose. Permanent distribution stations were established at 2 stores in each locality and at the home demonstration agent's office in Hilliard. Bait was sold at cost to people living outside of the city limits.

The results of the campaign were satisfactory to all cooperators. Two hundred farmers, merchants, and homemakers used 800 pounds of bait in lots of  $\frac{1}{2}$  to 120 pounds, with all reporting satisfactory results. The clean-up drive cleared both towns of rubbish which had previously provided harborage for rats. It also made towns cleaner and better looking. One mound of tin cans and rubbish, the dumping for 3 adjoining houses netted 5 truckloads. A few weeks after the drive, garbage col-

lection service for a small monthly fee was arranged for by the authorities of both towns.

New cooperators were added to the list throughout the year. Records at the end of the year show that more than 300 families had used 1,500 pounds of prepared rat bait with satisfactory results and desired that the work be continued. The work was continued in 1951, 1952, and 1953, under the auspices of the county council of home demonstration clubs, with four clubs participating, and was extended to include the whole county. Early spring campaigns were staged as before with other organizations cooperating, and with the city councils sponsoring the cleanup drives in each community.

During 1951, 500 cooperators used 1,500 pounds of Warfarin (the name given to compound 42) prepared bait. In 1952, 550 cooperators needed only 900 pounds.

This program is an unusual one for home demonstration clubs to sponsor, but the results have been most encouraging and satisfying. It has shown the people a way that rats can be controlled, saving thousands of dollars each year. The typhus infestation in the county was cut from 40 percent to no infestation, according to tests that were made by the State Board of Health before and after eradication. The program brought about united effort on the part of organizations for community improvement. It united the efforts of the home demonstration clubs and led to the organization of a county council and helped to develop leadership among the members of the home demonstration clubs. Since home demonstration work was new in the county, this program brought the work to the attention of the public.





*Have you  
read . . .*

## Books That Help Me

### Louisiana Home Agents Tell Why

MATTIE MAE ENGLISH

*Caddo Parish home agent, says the following two books have helped her on her job and gives her reasons why:*

### COMPLETE STORIES OF THE GREAT OPERAS, Milton Cross. Doubleday & Co., New York.

Every home demonstration agent needs something outside of her work. This must be entirely different from what she does every day. It must be something that will truly recreate her.

The Caddo Parish Home Demonstration Council sponsors a choral club composed of women from all over Caddo Parish. Somehow the home agent felt that the women were not making progress in the love of greater music, so she began the study of opera. Ten minutes were given at rehearsals to talk about the wonderful operas put on over the radio each Saturday afternoon throughout the opera season. Too, Shreveport was beginning to have opera. Artists from the New York Metropolitan Opera Company were brought in to take the leading roles, while the choruses were composed of home talent. Some of the Caddo Parish Home Demonstration Council Choral Club members took part in these choruses; yet others would make fun of the operas.

The agent, knowing there was not a full understanding of this great music, was determined to make herself appreciate every opera more. She also wanted her parish chorus to appreciate this wonderful music. So she began to read—not only to read but to study opera, go to the opera

and listen to opera over the radio. This has been one of the most enjoyable outside hobbies that any home demonstration agent could ever have. The study has led to a subscription to *Opera News*, which gives in detail the lives of the artists and much information concerning the composers of the fine operas given each Saturday afternoon. The agent is even singing the little phrases and themes that run through these operas.

### THE RETURN TO RELIGION. Henry C. Link. MacMillan Co., New York.

As a child, I always went to Sunday School and church in a little country church where many people were very set in their religious beliefs. I was brought up in a home where there was no cooking on Sunday and no games in which children "hollered" and played. However, my own dear mother had all the crowd around her feet and there she gave us beautiful Bible stories in the most dramatic way that any child could ever hear.

After starting my career in teaching young people, I found many who attended college upset over what they had been taught. Their lives as well as mine needed solid ground on which to stand. Some of the 4-H Club boys and girls who went away to college came back with questionable ideas that some instructors had put into their minds.

So seeing this book on one of the bookstand shelves, I bought it and went home to read. It fascinated me because of the practical psychology therein. It helped so much to get down to the real meaning of having a great power in which to believe. From this book I have been able to give better advice to college young

people who return upset. I am more aware every day that my childhood religious influences have molded my moral habits more than anything else. "The Return to Religion" has made me more staunch in my belief in a Divine Being and a divine moral order.

This book is now being passed to a member of each home demonstration club. She, in turn, will give a review to her club.

### MARY VERNON

*Natchitoches Parish home agent, tells how the following three books have helped her on her job:*

### MODERN DRESSMAKING MADE EASY. Mary Brooks Picken. Funk & Wagnalls, New York.

This is one of the best illustrated books on clothing I have used. I have used it in preparing illustrative materials and demonstrations on clothing. The methods outlined are simple and comprehensive. The author is most practical in her approach to many problems given in the book.

### THE GREATEST BOOK EVER WRITTEN. Fulton Oursler. Doubleday & Co. New York.

No matter how well informed on the subject matter of a particular field, there comes a time, and often, when one needs a spiritual boost. Reading this book has given me a lot more courage and has been a method by which I have relaxed. One can go just so long on her own power and sooner or later has to depend on a stronger force than an earthly one. I think most extension workers have relied on this and other books of this nature to carry them over some difficult times.

### ORIGIN AND GROWTH OF EXTENSION WORK IN LOUISIANA — 1860-1948. Frederick W. Williamson. Louisiana State University and A. & M. College

In my opinion, every extension worker should read the chapter, "A Man With a Mission." This chapter certainly helps to remind us of the responsibility which is ours in reaching people and diffusing information. It clearly defines the Smith-Lever Act, which I think we should read regularly.



# The Golden Age

ELLA M. MEYER  
District  
Home Demonstration Agent,  
Kansas

NOW IS the golden age of opportunity in extension work. The work of extension agents is far different now than it was 50 years ago when Seaman A. Knapp first used a result demonstration as a method of teaching. The typical county agent of years ago could not do the extension job today. The satisfactions to the individual worker may not be so different but the opportunities for greater service have multiplied many times since then.

C. M. Ferguson, Administrator, Federal Extension Service, said to members of the National Association of County Agricultural Agents, "Today the opportunities of lifelong service depend entirely on your ability to do the job. You have a ready audience with which to work. In fact your audience has outgrown the hours in the day and the days in the week. One of the major challenges we face is the challenge of how to teach this audience. We have to find ways of reaching more people, more effectively."

That is why we in Kansas are so interested in our coordinated program, Balanced Farming and Family Living.

"Helping people to help themselves" aptly expresses Extension's approach to public service. In order to help people help themselves a well-planned coordinated program in the county is essential. A sound program requires major selection by the people served. It is a service that affirms the ability of people to take their own voluntary actions when they are provided with the essential knowledge upon which to base ac-

tion. This same idea is reaffirmed in the report of the Subcommittee on Public Relations of the Extension Committee on Organization and Policy of the Association of Land-Grant Colleges and Universities, which stated:

"The family is the most important unit in organized society. The interests of each member of the family are intimately interwoven into family aims and activities. Problems of farming, maintaining a home, and rearing children are common problems of the family. That is why the family approach in extension teaching is so important. The family approach insures a program that coordinates closely the specialized farm, home, and youth activities of the county agricultural agent, the home demonstration agent, and the 4-H Club agents."

How then can we, as extension workers, help families to help themselves attain a better living? What are the interests of family members that affect living?

Wise use of income in my opinion, should head the list of information that should be made available to families, urban as well as rural. This includes consumer information on all items that the family buys, whether it be housing, recreation, or security.

The objective I have just presented necessitates another equally important phase of the program, that may be expressed as "To have the co-operation of the entire family in the determination and achievement of family goals." This, for extension workers, means giving assistance to families with information and training in the field of human relations.

Family goals certainly, whether expressed or subconsciously felt by the family, include the desire for

optimum health for all members of the family. To maintain health is another objective that extension agents can assist families to attain. The maintenance of good health, physical and mental, requires an understanding of good health practices and the application of reliable information.

Closely related to the objective of the maintenance of health is an adequate diet for all members of the family. Optimum nutrition is assured families when good eating habits are the rule for all the family members at home or away from home. Careful selection of foods, use of the best methods of food storage, food preparation, and serving that saves food values are essential for good nutrition.

For better family living there needs to be an objective for clothing the family. Helping families to help themselves attain their goal will require information and training on consumer buying of clothing, construction of garments in the home, textiles, their use and care, care and repair of clothing, and health aspects of clothing.

To have a convenient, attractive, and well-kept home suited to the needs of the family is another objective.

The wise use of family resources includes first, the production of food for family needs; and second, the preservation and preparation of food in the home. The result is measured not only in good financial returns but more important still is the satisfaction and well-being shared by the entire family.

Another objective of the family that extension workers should recognize is to assume citizenship responsibilities as a family, and as individuals.

There is still one more objective to include in a program designed for better family living. It has to do with the promotion, development, and acceptance of a high moral code. For extension workers it carries the responsibility of helping families understand how the forces of religion and philosophy shape the thinking and feelings of peoples. The family objective might well be "to appreciate the aspiration and ideas of individuals for soul-satisfying experiences."

## Young Farm Families

(Continued from page 70)

This figure tends to substantiate the findings of previous studies which have indicated that an ever-increasing number of rural youth are selecting their mates from nonfarm areas.

(4) *Wife's lack of knowledge concerning problems in management of the home.* The wives showed less tendency toward preparation in areas which would have equipped them with knowledge of homemaking techniques than did the husbands in areas of preparation for a farm career. Twenty-one percent of all women in the study indicated that lack of knowledge in certain home-management practices and techniques was a factor affecting the happiness of their homes.

(5) *Wife's loneliness on the farm, or dislike of farm life.* A dislike for farm life and a desire to move to urban areas was expressed by 23 percent of the wives. Loneliness was a factor also, since many families had moved into strange neighborhoods in order to find farms for rent. The wives were frequently unable to take an active part in community organizations or make new friends due to heavy home responsibilities and young children. A desire for greater participation in community affairs was indicated. The majority, however, wished to participate in young mother's clubs or in groups for young married couples only. The need for recreational activities coupled with neighborhood study groups was suggested strongly by a majority of families in the study.

(6) *Lack of knowledge in marital adjustments, disagreements over discipline of children, religious affiliations and parental relationships.* The need for assistance with these problems was frequently noted and should be of special interest to those concerned with the formulation of programs designed to meet the interests of young rural families.

With reference to the more general implications of this study for extension personnel, it is important to note the following:

(1) Young farm families appear to have problems and interests peculiarly their own. Evidence would indi-

cate, however, that specific kinds of organizational activities are needed to more adequately meet their problems, interests, and needs.

(2) It would appear that recreational activities combined with the study group approach would be an effective means of getting greater participation in programs planned for such groups.

(3) Programs for young couples should be planned by the couples. They will direct program content in channels which will more nearly satisfy their needs and meet their specific problems. It will also make them more independent, give them a feeling of being in a group and not merely of a group composed of older, and more experienced families with fewer or no problems similar to their own. This factor appears to be an important one in discouraging present participation in some organized community activities.

(4) Effort to use methods other than meetings is strongly suggested as a means of giving help to young families. These would be a greater use of the county extension newsletter, newspapers, radio, and especially television.

(5) Program planning should not emphasize the fields to be covered so much as the emphasis within the fields. It is significant that the majority of the couples expressed great interest in the very practical side of housekeeping, homemaking, child care, family life, and farming.

## Try on a Dream

(Continued from page 71)

them started on the right track. As for the men, it's a "softening-up" process. "It makes it so much easier to explain what I mean by a new stove, or kitchen cabinets, or running water inside the house," one lady said to me the day I visited the model home a few months ago.

The \$8,000 demonstration house was built mainly with funds given by the General Education Board and additional contributions from the homemakers' councils throughout the State. The councils also equipped the home and are maintaining it.

Much as the stay in the model cottage means to the women, they are always anxious to get back home and

begin making the improvements they have learned to dream about.

Take Mrs. Jeff Simmons who lives on the outskirts of Georgetown. She and four other ladies from the county spent Thanksgiving week of 1952 in the demonstration house with their home agent, Mrs. Rosa Gadson. After two days, Mrs. Simmons was sold on the kitchen and bathroom, and upon her return she got her husband to agree to the improvements.

Mrs. Joe Bryant of the Sampit community was one of the other four Georgetown County homemakers who were in the group with Mrs. Simmons. The thing that impressed her most was the bathroom with hot and cold running water. "Every night when I'd bathe in the demonstration house," says Mrs. Bryant, "I'd think about the old tin tub at home and the well out in the yard. Carrying and heating water for baths for me and my husband and our children was just about an all-night job."

When Mrs. Bryant got back home after her stay in the model cottage, she concentrated on acquiring a bathroom, and she got it by saving an extra dollar here and there, and by doing some of the work herself. Later on, she also modernized her kitchen.

The change which is taking place in Georgetown County is duplicated in most of the other 30 counties where Negro home demonstration work is conducted. Credit for the transformation is given to the demonstration house.

Mrs. Paul says reports from her agents show that complete bathrooms have been added to more than 30 homes, and kitchens modernized in more than 50. She estimates that a fourth of the 21,000 Negro farm owners in South Carolina will have bathrooms and modern kitchens within 5 years. Ten years ago, only 89 Negro farm homes in the State had a bathroom.

The progress is being made bit by bit. It's an electric pump for one home, a face bowl or a bathtub for another, a new range for a third, floor covering or kitchen cabinets for a fourth, and paint on the walls for a fifth. Add these bits together year by year, in home after home, and one sees an ever-widening circle of rural home improvement.

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